



St Francis Xavier Primary School

Newsletter

Monday 31st July 2023
Term 3 Week 4

P.O. Box 2027
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Term 3 (10 weeks)

Mon 10th July - Fri 15th Sept

Friday 4th August

12.40pm 5OH Assembly

Friday 11th August

12.40pm F LH Assembly

Friday 18th August

12.40pm 5JF Assembly

Wednesday 23rd August

Division Basketball

Friday 25th August

Book Week celebrations

Friday 25th August

Ballarat Catholic Primary
Schools Athletics at
Llanberris

Wednesday 30th August

Student Led Conferences

Friday 1st September

Fathers' Day celebration

Tuesday 5th September

Division Athletics @
Llanberris

Student Led Conferences

Thursday 7th September

6pm at St Alipius
Year 3 Confirmation

Friday 8th September

12.40pm 1JS Assembly

Mon 11th – Fri 15th Sept

Years 1 & 3 swimming

Term 4 (12 weeks)

Mon 2nd Oct - Wed 20th Dec

Mon 2nd – Fri 6th October

Years 2, 4 & 5 swimming

Friday 6th October

9.30am Mass at St Alipius

Friday 13th October

12.40pm 6MM Assembly

Friday 20th October

Grandparents' Day

Friday 27th October

12.40pm 2CJ Assembly

Friday 3rd November

12.40pm F MM Assembly

Friday 10th November

12.40pm 4CP Assembly

In the Land of the Wadawurrung People

Dear families,

I am writing to you this week from (almost) sunny Hobart where I am attending the Australian Primary Principals' conference. This is a gathering of more than 3000 school leaders from across Australia and New Zealand who meet to learn together and to share the good news and challenges of primary education.

It's not very often that we can come together with like-minded people who share similar roles, to hear and learn from each other. Whenever I am afforded the opportunity I am reminded of how lucky I am to be working in a system that supports my values and beliefs. While school life is something we all have in common, we all form different understandings of what an effective day at school might look like. For some people, school is hard and for others it's a breeze. For some of us school is a social gathering while for others it can be daunting to negotiate our way around each day. Regardless of our experiences, I hope that our school is a place of welcome and acceptance for all. Our staff work hard every day to build an environment where learning is fostered whether it be academic, social, spiritual or physical. Every child counts in our school and every child helps to build the community of St. Francis Xavier.

I wonder what your memories of primary school are? Things have certainly changed since I was a student! Just like when we were at school, every day brings its challenges and its celebrations. So even when the going gets tough, let's remember that we are all working together to build a positive and supportive learning environment for everyone.

God bless,



Mark Hogbin.

Thankyou

Thank you to our parents and carers who supported our school closure day last Friday. The opportunity to gather with staff from Catholic Education and other schools was immensely valuable. I'm sure that the children enjoyed an extra holiday as well!

Senior School Sports Day

At risk of pre-empting a severe weather warning, I am hesitant to say that we have secured Friday 17th November for our senior school sports day at Llanberris reserve. It will be a great day for our students, and certainly long awaited one. More details will come out as we draw closer to the event.



Friday 17th November
12.40pm 3NM Assembly
Senior School Sports Day
at Llanberris

Friday 24th November
12.40pm F GJ Assembly

Friday 1st December
12.40pm 2GH Assembly
St Francis Xavier Feast Day
celebrations

Wednesday 6th December
Year 4 Camp

Monday 18th December
9.30am Mass in the Gym

Tuesday 19th December
Last 2023 student day

**COW PAD LOTTO
FAMILY FUN DAY**

Talbot Football Netball Club

Date
AUGUST 6TH
SUNDAY
12:00-17:00

Jumping Castle | Face Painting
Live Music | Silent Auctions
BBQ Lunch | Fun + Games

1ST PRIZE - \$1,500
2ND PRIZE - \$500
TICKETS \$30 EACH

Proceeds go to Maddisyn Carroll and the
Carroll family to support their fight
against Friedreich's ataxia

www.eventbrite.com for digital tickets
www.fara.org.au for information on Friedreich's ataxia

Please find to the left a flier advertising the fundraiser Talbot Football Netball Club is having on 6th August to support Maddisyn Carroll and her family as they battle the rare degenerative neuromuscular disease, Friedreich's Ataxia. Maddisyn is the daughter of our LSO Shaun. It would be great if you and your family could come on the day to show support. There are lots of fun activities happening including live music, auctions and kids activities. There is a link to buy tickets at the bottom of the flier, please type 'Talbot' into Eventbrite to find them. Tickets can be purchased without attending on the day. They are also welcoming any donations for raffles if this is something you are interested in. For more information on Friedreich's Ataxia visit www.fara.org.au Thank you.

Please find at the end of this newsletter: Parish Bulletin; Parenting Ideas – Supporting a highly sensitive child; Ballarat Show children's craft entry details.

Religious Education News

THIS WEEK'S GOSPEL- Sunday July 30, 2023 Seventeenth Sunday in Ordinary Time (Year A)

Gospel: Matthew 13:44-46. "The Kingdom of heaven is like this. A man happens to find a treasure hidden in a field. He covers it up again and is so happy that he goes and sells everything he has, and then goes back and buys that field. "Also, the Kingdom of heaven is like this. A man is looking for fine pearls, and when he finds one that is unusually fine, he goes and sells everything he has, and buys that pearl." *(Gospel passage taken from Good News Translation)*

Gospel reflection: The Kingdom of heaven is here on earth! We are all very special, no matter who we are or where in the world we live. Jesus is telling us that because the Kingdom of heaven is so valuable and important, we should put it first in our lives. We can do this by following Jesus' example of living with love and forgiveness. Each one of us is a treasure made by God.

To look after the Kingdom of Heaven- our Earth-we can try not to take more than we need; and to care for God's world and all the people, plants and animals in it. We can try to be kind and loving, to share generously and to treat other people as we would wish to be treated. This week, look around you and count all the treasures that God has given us. Try your hardest to do at least one thing to show your care for God's world and the treasure that is in it.

Our Challenge: What will you do this week to care for and protect the treasure of God's world and help make sure that it is there for all people to enjoy now and in the future? *(Adapted from the CAFOD website)*



Christine Meneely, Religious Education Leader

St. Francis Xavier Primary School is a Child Safe School called to action through Gospel values and Mercy tradition. Through the mission of Jesus within the Mercy tradition, we are called to action in pursuing fullness of life for all.

School Closure Day - Staff Professional Learning Day

Children may not have been at school on Friday but that didn't mean any learning wasn't taking place! SFX staff had the opportunity to learn more about Structured Literacy led by Emma Rutherford from Catholic Education Ballarat, Education Officer: Project Lead Structured Literacy and Breanna Wade Education Officer: Learning and Teaching (Primary). Staff were highly engaged and fully participated in the Professional Learning day which included learning more about the Principles and Characteristics of Structured Literacy, Daily Review, Scope and Sequence (F-6) and components and timing of a literacy block - Review, Building Blocks and Pulling it all together.

DIOCESE
OF
BALLARAT
CATHOLIC
EDUCATION
LIMITED



Our visit up to St Paul's in Mildura also gave us a first hand look at Structured Literacy in action. With over 60 other interested staff from around the Diocese visiting the school throughout the week, we came away very proud of all the great processes we have here at St. Francis Xavier of our teaching style and programs we are using. The visit also provided us with the challenging questions of what and how we can do better? As a staff and leadership team we will be working on and discussing the opportunities we have available to and for us.

Book Week 2023 (19th-25th August)

Book Week Theme: READ, GROW, INSPIRE

Classes will be taking part in this event throughout the week and we will have Book Reading in the library every day and culminate with Book Week with a dress up day on Friday 25th August. Start preparing your outfits!



Orders from the Issue 5 catalogue close today, Monday 31st July.

Thank you to those who have already placed an order.

Parents/Carers can order online and pay by credit card. Of course you do not need to purchase anything.

Please go to <https://www.scholastic.com.au/book-club/book-club-parents/book-club/> for further details and to view the catalogue online.

Enjoy your week!



Jane Clark, Deputy Principal – Learning Enhancement

Wellbeing News

Next week we will begin the **Seasons for Growth** program for children who are dealing with significant life changes by:

- exploring the impact of change and loss on every-day life
- learning new ways to respond to these changes

Please don't hesitate to talk to me if life circumstances have changed for your family and you would like your child to be considered for inclusion in Seasons.

Please email me at cmeneely@sfxballarat.catholic.edu.au

(Due to numbers, priority will be given to children who have not yet been involved in this program in previous years)

When my youngest son was about four, he commented that his brother talked a lot and in comparison, he thought a lot. This really summed up their unique temperaments!

One child preferred to verbalise his thinking on everything, whereas the other was happy to observe and quietly contemplate. Just as we all differ on temperament traits such as extroversion, agreeableness, and consciousness, we also differ on another temperament trait: sensitivity.

All of us fall somewhere on the sensitivity continuum from low sensitivity to high sensitivity.

Sometimes parents comment they wish their child wasn't "so sensitive" but our temperament is biologically based, it is not something we can simply switch on and off!

Learning more about our child's temperament will help us to understand them better.

By seeing our child's temperament as an important part of who they are, we can practise accepting their sensitivity rather than seeing it as something problematic that needs to be changed or 'fixed'. Your child doesn't need to be less sensitive. They need their sensitivity to be understood.

By accepting and validating the full range of our child's emotions, we teach them healthy ways of responding to their own emotions—this is a lesson they will carry with them throughout their lifetime. Please find attached a great article on ways of supporting your sensitive child.

Kind regards,

Christine Meneely, **Wellbeing Leader**

P&F News



Silver Coin Challenge

Students are invited to bring in as many silver coins as they can to place into a piggy bank in their classroom.

The class from each year level with the highest total, will be treated to Carboni's pizza later this term!

The challenge will run from July 21st until August 4th.



SFX Official School Beanies

Our stylish and warm official SFX school beanies are here!! Available to purchase from the office for \$25 while stocks last, then available from Crocker's Ballarat.

Second Hand Uniform Shop We currently have a large supply of second-hand items available for purchase. If you would like to check what is in stock and buy, please call into the front office. New items are available to buy from Crockers.



Did you know we pack out over 10,000 hot lunches a year for our little people, make almost 3,000 cups of Hot Chocolate and cut the tops off even more Zooper Doopers!

Now we need YOUR HELP! VOLUNTEERS are the life line of the P&F!

It could be Mothers, Fathers, Aunts, Grandparents, Uncles - even your neighbour, (as long as you have a working with children check) you can help us support our school community!



Sparing 45 minutes even just ONCE throughout the year on a FRIDAY from 11.15am to 12pm packing hot lunches or a MONDAY for hot chocolates 10.30-11.30 would make a massive difference 🙏

If you have ever wondered what we do and a little unsure how you could help, feel free to get in touch with the P&F.



▶ **SS PETER & PAULS**
701 FISKEN ST
BUNINYONG 3357



▶ **ST ALIPIUS**
82 VICTORIA ST
BALLARAT EAST 3350



▶ **PARISH OFFICE**
84 VICTORIA ST
BALLARAT EAST 3350
PH 5332 6611
OPEN TUE – FRI
10.00 AM – 1.00 PM

30 July 2023

17th Sunday in Ordinary Time

The kingdom of heaven is like treasure

St Alipius parish

ballarateast@ballarat.catholic.org.au

www.ballarat.catholic.org.au/parish/ballarata-east/

MASS TIMES

St Alipius

Wed and Fri 9.30 AM in the Parish Hall
Saturday 9.30 AM, 6.00 PM
Sunday 9.00 AM (1st, 3rd & 5th)
10.30 AM (2nd & 4th)

Ss Peter and Paul's

Sunday 9:00 AM (2nd & 4th)
10:30 AM (1st, 3rd & 5th)
Rosary – Thursday 11:00 AM

Mass and prayer resources

www.ballarat.catholic.org.au

Counting team 7 this week – 9:30 AM

PARISH VISION STATEMENT

THE COMBINED
COMMUNITIES OF ST ALIPIUS
PARISH REACH OUT IN THE
SPIRIT OF FAITH, HOPE,
LOVE, AND ACCEPTANCE, AS
GOD CALLS US TO IN THE
GOSPELS.

WE PRAY FOR

Faithfully departed: Beverley Hogan

Anniversaries:

Unwell: Peter McLachlan, Sarah McLachlan, Eleanor McMahon, Patricia Murry, Maureen Santamaria, Carole Simmons, Shelley Pawang, Colin McKenzie

Our parish is committed to all children, young people, and vulnerable adults' safety, well-being, and dignity.

We acknowledge this land's traditional owners and custodians and pay our respects to Elders past, present, and emerging.



Parish Priest
Fr Jorge Jr De Chavez, OSJ

Visiting Priest
Fr Barry Ryan

Sacramental and Parish
Coordinator
Cathy Prunty

Administrative Assistant
Natalie Shannon

Parish Pastoral Council
Chair
David Morrison

Finance Officer
Bernadette Prestwood

Finance Chair
Paul O'Beime

Child Safety Officer
Emily Clarke

Liturgy Coordination
www.sapliturgy.net.au

Funeral Ministry
Carmel Flynn
stalipiusfuneral@gmail.com



PARISH TRIVIA NIGHT

Tables are selling fast for the Parish Trivia Night to be held at the Parish Hall at 7:00 PM next Friday 4 August. Tickets are \$10 per person with tables of up to 8 people. BYO nibbles and drinks, with tea and coffee supplied. Please contact the office if you can help with donating prizes. A raffle will be held on the night with some great prizes up for grabs, so please join us for a fun night.

UPCOMING EVENTS

Caring Group

2:00 PM, Friday 4 August, St Alipius Hall

Parish Trivia Night

7:00 PM, Friday 4 August, St Alipius Hall

CARING GROUP

The Caring Group will meet at 2:00 PM on Friday 4 August. All are welcome. Please bring a plate to share.

VINNIES WINTER APPEAL

The St Vincent de Paul Society's annual Winter Appeal will focus on older women experiencing and at risk of homelessness. Appeal envelopes are located at the ends of the pews. People wishing to support the work of SVdP through our local conference can place their donation in an envelope and return it via the collection plate. Donations over \$2 are tax deductible and can be made at www.vinnies.org.au/nswwinterwarmthappeal, at Vinnies shops, or by calling 13 18 12.

WORLD YOUTH DAY 2023

More than 3,000 Australian pilgrims will attend the World Youth Day in Lisbon, Portugal from 1 – 6 August, including five from the Diocese of Ballarat. We pray for them – Grace Doherty, Anna Whiting, Gerry Vytlingam, John-Paul Walker, and Laura Bruty.

EVANGELISATION REFLECTION

The Australian Catholic Bishops Conference has published "Evangelisation" which offers a spiritual and theological reflection on the proclamation of the Gospel through the lenses of encounter, discipleship, and mission. You can download it at:

www.ballarat.catholic.org.au/services-agencies-2/pastoral/faith-formation-and-spirituality/

LITURGY ROSTER

The Parish Liturgy Committee has been exploring ways to simplify the rostering of people who help with the various liturgical ministries, including welcomers, readers, sacristans, special ministers, musicians, and the people who prepare and operate the PowerPoints during mass. The aim is to make it easier for people to volunteer and to reduce the number of occasions when we don't have rostered volunteers turning up.

The Committee has decided to trial the approach taken by the Buninyong community and so for the coming months, the Parish office will create the St Alipius roster using the existing list of volunteers. It means that volunteers will only have to sign up once and can simply let the office know if they're unable to continue or will be away for a period of time. If you're unable to attend a mass that you're rostered for, please arrange a swap or a replacement, or give the Parish office some notice, and they will reach out to another volunteer.

We'd like to thank David Santamaria who has created the roster for St Alipius for many years.

SACRED HEARTH REUNION

A reunion of the Sacred Hearth College Ballarat East class of 1965, plus anyone who attended SHC, will be held on Sunday, 15 October at GC's Ballarat from 11.00 AM – 3.00 PM. To attend email ph. 0419 902 538 or email loisknights345@hotmail.com.

STEWARDSHIP PROGRAM

Thank you to all parishioners who contribute to our stewardship program. Your generosity is appreciated.

Supporting our parish priests	\$862
Maintenance of parish buildings, office and administration expenses, grounds maintenance etc.	\$343.00

Planned giving envelopes for the new financial year are available for collection at the back of the churches. Thanks to all who participate in the stewardship program for your contributions. We invite anybody who would like to join the program to please contact the parish office.

VINNIES BREAD RUN

Each Monday night between 7:00 and 7:30 PM, Vinnies volunteers can be found in the St. Alipius Church Hall providing bread for those in need. If this would benefit you, or someone you know please call into the hall and bring a bag to put the bread in.

FUNDRAISING CONCERT

A fundraising concert titled "Bold as Brass" featuring 36 musicians from Eureka Brass is to be held at the Ballarat Central Uniting Church, 103 Lydiard Street South, at 2:30 PM on Sunday 30 July. Tickets for adults are \$15, with children 15 and under free. Sponsored by the Little Cupcake shop, part of the proceeds will go to Sleepbus® which provides a safe, temporary place to sleep, for the vulnerable. Tickets available from:

www.eventbrite.com.au/e/bold-as-brass-featuring-eureka-brass-tickets-590759065267?aff=ehometext

TOILETRIES COLLECTION

Our local Vinnies are collecting toiletries for people in need. Please donate soap, toothpaste, or other toiletries, in the box on the Vinnies stall. Anything you can give will be greatly appreciated.

PIETY STALL

The piety stall has a range of very affordable cards and gifts for sale including some runout items on tables near the piety stall that are either free or \$2 each.

BAPTISMS
Mia Annelies and Edgar Lumsden Egan Children of Jeremy Egan and Rachael McKenna
<i>The church gives faith to your children through Baptism, and you have the task to make it grow.</i> Pope Francis

SOCIAL MEDIA REFLECTION

Meta, the parent company of Facebook and Instagram, recently released a new social media platform in competition with Twitter, called Threads. For many people, this social media shift has prompted a pause button in a love-hate relationship with how the internet fundamentally works. Dialogically we might ask, "Who is my (social media) neighbour?" To inform this current question, the Vatican Dicastery for Communication has issued a document titled "Towards Full Presence: A Pastoral Reflection on Engagement with Social Media": www.vatican.va/roman_curia/dpc/documents/20230528_dpc-verso-piena-presenza_en.html

DIOCESAN E-NEWS

Read about news and events of the diocese in the latest edition of e-News
<https://www.ballarat.catholic.org.au/news-events/e-news/>

MARY MACKILLOP GRANTS

Applications will soon open for the Mary Mackillop Today (MMT) Community Grants 2024. Schools and community groups with a project that helps people may apply for a grant of up to \$10,000. Applications open Monday, 14 August. Apply at www.marymackilloptoday.org.au/what-we-do/our-projects/grants/how-to-apply/

PRAYING WITH THE POPE

The Pope's Worldwide Prayer Network (Apostleship of Prayer) is an international movement that is more than 170 years old. Each month, the Pope puts forward a prayer intention and asks Catholics around the world to join him in prayer. These intentions cover all areas of life, encouraging faith, renewing hope, and calling us to loving service. 'The Pope Video' forms part of the Pope's Worldwide Prayer Network – www.thepopevideo.org.

The Pope's intention for July – for a Eucharistic life: We pray that Catholics may place the celebration of the Eucharist at the heart of their lives, transforming human relationships in a very deep way and be open to the encounter with God and all their brothers and sisters.

WOMEN DEACONS WEBINAR

ACU Centre for Liturgy is presenting an online public lecture titled, "Women Deacons and the Synod: What Happens Now?" on Monday, 7 August from 10.00 AM – 11.30 AM presented by Dr Phyllis Zagano, Hofstra University, New York. Registrations close on 4 August at www.acu.edu.au/publiclectureCfL. The Zoom link to join will be sent following registration. More information is available from <https://www.acu.edu.au/about-acu/institutes-academies-and-centres/acu-centre-for-liturgy/news-events-and-resources>

RESILIENCE WEBINAR

A free NCLS Research Webinar titled "Thriving and Resilient Leadership" will be held at 7.30 PM on Wednesday, 2 August and will explore the latest findings and reflections on how Australian church leaders are coping and what factors contribute to their resilience. Findings are based on the results from the 2021–22 NCLS Leader Survey by NCLS Research. Tickets are available at <https://events.humanitix.com/ncls-thriving-and-resilient-leadership>.

NEW PARISH

Bishop Paul Bird CSsR decreed the establishment of a new parish in the diocese on 1 July. The newly established Parish of Saints Anne and Joachim. www.ballarat.catholic.org.au/pnews/parish-of-saints-anne-and-joachim-sunraysia/

Reflection on the Gospel

Veronica Lawson RSM

Seventeenth Sunday in Ordinary Time: Matthew 13:44–52

Poet Anne Powell proposes four journeys of seeking and finding treasure. She puts it this way: "Go down, down, down to the place in you where fire and silence dwell—the place of power. Go down, down, down to that pool in you of weedless water—the place of knowing... Go down, down, down to the last strawberry-freshness of God". The place of power within, the place of knowing, the place of song, the freshness of God will be there for those prepared to take the journey into the depths of their being.

Matthew's Jesus has another way of saying something very similar. Three parables and a summary statement conclude Matthew's parable chapter. They constitute a timeless gospel treasure chest that features lengthy statements about God's kin-dom of the heavens. In the first parable, Matthew's Jesus likens the kin-dom, not just to "treasure", but rather to treasure hidden in a field that someone, possibly a slave or day labourer, finds and hides before going joyfully to sell everything in order to buy the field and acquire the treasure. The parabolic image comprises the whole complex of actor, objects, and actions (the

finder; the finding, the selling and buying; the joy; the treasure and the field). The details pose endless questions. Who had right to ownership of the treasure? Is this a case of theft? Whatever the answer to these questions, this parable invites us to pause and consider what constitutes the real "treasure" in our lives and ask to what lengths we would go in order to secure that treasure.

What is of such value to us that we would give up everything else in order to have that one thing

The second parable tells of a merchant who seeks fine pearls, finds one of great value, and then goes and sells all possessions in order to acquire that one pearl. What is of such value to us that we would give up everything else in order to have that one thing, that one relationship? Jesus proceeds to liken the kin-dom of the heavens, not just to a net, but to a net thrown into the sea that catches fish of every kind and is drawn to shore by fisher-folk who sit down and sort it, putting the good into baskets and throwing away the bad. This parable



foreshadows God's universal reign over all creation when good will finally triumph over evil.

The summary statement tells us that we need to be "scribes" educated in the ways of God. We need to bring out of the treasury of our traditions "what is new and what is old", wisely discerning what to keep and what to relinquish. Parables help to subvert our presuppositions. They disturb our complacency if we allow them to do so. The parables of the buried treasure, the priceless pearl and the net remind us that gospel discipleship demands an all-embracing investment of heart and spirit. We search our hearts to know where our treasure lies and join with others who show us how we might claim it for the common good of the entire Earth community.

THIS WEEK'S READINGS

SEVENTEENTH SUNDAY IN ORDINARY TIME

1 KINGS 3:5,7–12
ROMANS 8:28–30
MATTHEW 13:44–52

NEXT WEEK'S READINGS

THE TRANSFIGURATION OF THE LORD

DANIEL 7:9–10, 13–14
2 PETER 1:16–19
MATTHEW 17:1–9

Supporting a highly sensitive child



Does your child cry easily? Is she prone to becoming overwhelmed in loud or busy places? Does your child seem sensitive to the moods and emotions of others? Does he tend to “meltdown” or “shutdown” when there is a lot going on? Does your child startle easily? Do you consider your child to be highly sensitive?

Raising a highly sensitive child can come with a unique set of parenting challenges but it also gives you—the parent—more influence to positively shape your child’s development! Yes, that’s right. Parents have even more influence on the development and wellbeing of their highly sensitive child compared to less sensitive kids.

Research shows that highly sensitive children are more strongly affected by their environment, including parenting, than less sensitive children. Let me explain.

Just as we all differ on temperament traits such as extroversion, agreeableness, and consciousness, we also differ on another temperament trait: sensitivity. All of us fall somewhere on the sensitivity continuum from low sensitivity to high sensitivity.

Approximately 30% of us—and our kids—are highly sensitive. Highly sensitive kids tend to process information from the environment more deeply, are prone to overstimulation, have greater emotional reactivity (think more crying and more intense emotions) and higher empathy, and have a greater capacity for sensing subtleties in our environment. We can think of highly sensitive kids as living smoke detectors who are capable of detecting subtle changes in the environment that the majority of people may miss. It is thought that a finely tuned, highly reactive nervous system underpins high sensitivity.

Research shows that highly sensitive kids tend to do exceptionally well in nurturing and supportive environments but are at higher risk for developing a range of physical and mental health conditions in harsh and unsupportive environments compared to children who are less sensitive. In other words, highly sensitive children are more sensitive to their environment for better and for worse.

So how do we support our sensitive kids and provide them with the nurturing environment they need?

Understand and accept your child’s sensitivity

Our temperament is biologically based, it is not something we can simply switch on and off or turn up and down. Learning more about our child’s temperament will help us to understand them better.

By seeing our child’s temperament as an important part of who they are, we can practice accepting their sensitivity rather than seeing it as something problematic that needs to be changed or ‘fixed’. Your child doesn’t need to be less sensitive. They need their sensitivity to be understood.

This can feel like a relief to parents who have been thinking that perhaps they had somehow caused their child to be sensitive. While nature and nurture do interact to shape our child’s development, your child was born with their own unique temperament, including their sensitivity.

Provide your highly sensitive child with the nurturing relationship they need to flourish

Highly sensitive children thrive in nurturing and supportive environments. We know that children don't benefit from harsh or punitive parenting, but this is especially true for our highly sensitive kids who need a more nurturing parenting approach. In healthy parent-child relationships, our kids use us as their "safe haven" to come back to for protection and nurturing when they are tired, sick, stressed, or experiencing big feelings.

Often parents of highly sensitive kids will report that their child is "clingy" and tends to stay close to their parent until they feel comfortable in a situation. This is rarely cause for concern. Clinging is a child's way of signalling that they need their parent to help them feel OK again. Sometimes they simply need our presence, other times they may need our affection and gentle words. We live in a society that has a history of discouraging children from being "too dependent" or "too clinging". Often this view comes from a place of not understanding child development and not understanding children's attachment needs. By trusting our child's needs and responding to those needs with attention and sensitivity, we can provide our kids with the support they need so that they can grow-up feeling secure in their relationship with us (knowing that we have their back), and, in turn, feeling secure in themselves and the world.

Be an emotion coach for your child

Highly sensitive children often have big emotions and lots of them! This means that your highly sensitive child will need your help to understand and manage their emotions. From as early as you can, label your child's emotions to help them develop their own emotional vocabulary so that they can express their emotions as they get older. You can say things such as, "you look sad" or "I can see you are angry". Once you've labelled your child's emotion, it's important to show your child that you accept their emotions—the good, the bad, and the ugly.

It's important that you validate your child's emotions and avoid dismissing their emotions, even when your adult brain might judge their emotion as an "over reaction". Instead of saying, "don't be so sensitive" or "it wasn't a big deal, she didn't mean to hurt your feelings", you can say things such as, "it's okay to feel angry, I get it" or "I know you feel sad, that hurt your feelings". By accepting and validating the full range of our child's emotion, we not only help to soothe them in the moment, we also teach them healthy ways of responding to their own emotions—this is a lesson they will carry with them throughout their lifetime.



Rachel Samson

Rachel Samson is an Australian-based Clinical Psychologist and Family Consultant with a passion for supporting parents to develop healthy parent-child relationships that promote optimal child development. For further details visit [Instagram @australianpsychologist](#) and [Facebook @sensitivityproject](#).



CHILDRENS ARTS, CRAFT,
COOKERY, FLOWERS AND
PHOTOGRAPHY
SCHEDULE

CRAFT, COOKERY, FLOWERS, ART AND PHOTOGRAPHY.

GENERAL REGULATIONS AND CONDITIONS

The regulations appearing in this schedule form part of the GENERAL REGULATIONS AND CONDITIONS of entry to an event at the Ballarat Show.

1. CONDITIONS OF ENTRY

An exhibit must be the bona fide work of the exhibitor. An exhibit cannot be entered in more than one class.

An exhibit must have been made by the one exhibitor unless entered in a group class.

An exhibit must not have been entered at a previous Ballarat Show.

Exhibits must not have been worn, used or marked, except in junior competition (including Schools) where exhibits may have been worn at other exhibitions.

Exhibitors may wash/rinse exhibits for presentation, that is to remove any soiling that may have occurred in the making of the exhibit. Judges may reject any exhibits they feel are too soiled for Exhibition.

Exhibit tickets must be attached to each exhibit Unless otherwise stated.

3. ENTRIES

Entries will be accepted either online through www.Showdayonline.com.au or the Ballarat Show web site www.ballaratshow.org.au and follow the steps outlined or written entry to the Ballarat Showgrounds

Entries close Friday 27th October, 2023,

Entry fee \$2.50 for adults

Childrens sections FREE

4. NOVICE SECTION - Not having won at a show before

5. DELIVERY OF ENTRIES

All craft and cookery exhibits to be delivered to the Ballarat Showgrounds either Tuesday evening between 6pm and 8pm or **Wednesday morning before 11am** as judging will commence at 11.30am.

6. COLLECTION OF EXHIBITS

Exhibits will be available for collection between 4pm and 5.30pm on Sunday 12th November, 2023

7. PRIZE MONEY

Open 1st certificate card & \$5

2nd and 3rd Certificate cards

Children no prize money, certificate cards will be awarded for 1st, 2nd and 3rd

CAKES & PASTRY

Cakes must be brought to the Showgrounds by 11.00am on Wednesday 8th November to be judged at 11.30am.

MIDLAND GROUP COMPETITIONS

Midland Group classes are judged and move on to compete at the Midland Group Judging in 2024. Winners do not advance to State Level.

VAS COMPETITION REGULATIONS

VAS General Regulations

1. Each Exhibit must be the bona fide work of the exhibitor.
2. Professionals are not eligible, which is defined as someone that works professionally or derives the greater percentage of their income in that craft, art form or technique.
3. The competitions follow the three levels of competition: Show Level, Group Level and State Level.
4. All work is to have been completed in the last twelve (12) months prior to its entry at a local show.
5. An exhibitor having won at Show level is not eligible to enter any other Show until after the Group Final judging.
6. An exhibit having won at a Show will compete at the 2024 Group Final. The winning exhibit at the Group Final will then compete in the State Final at the 2024 Royal Melbourne Show.
7. An exhibitor is only eligible to represent one Group in the State Final.
8. If for any reason a winner is unable to compete at Group or State Final level, the second place-getter is eligible to compete.
9. An exhibit having won at State Final is no longer eligible to compete in the competition.
10. If an exhibitor is found to have won more than one Group Final the exhibitor must forfeit/refund all prizes and will be disqualified from exhibiting for 12 months.

CHILDRENS COMPETITION REGULATIONS

An exhibit must have the age of the child & year level written on the exhibitor's tickets. Exhibits to be child's own work.

CHILDREN'S COOKERY, ART AND CRAFT SECTION

A special prize of \$50 and a rosette will be awarded to Supreme Exhibit for Children's Craft Section.

Donated by Pat Fiskien. A Special Prize of \$50 and a rosette will be awarded to: Supreme Exhibit from Children's Cookery **donated by K Beckett** Sections excluding decorated cake

SECTION A CHILDREN COOKERY COOKERY FOR PRIMARY SCHOOL CHILDREN

1. Read the require details carefully eg the size required
2. Pay close attention to presentation – with cut pieces use a sharp knife for a clean edge. Coat evenly if using 100's & 1000's.
3. Do not use packet mixes, unless specified!
4. If you are making a range of things show your skills by choosing things which are very different.
5. Make scones, biscuits and small cakes not too big. Don't overcrowd the plate.

Class 1000 3 Decorated Plain Bought Marie Biscuits - Topping must be edible-Pre School, Preps to Grade 2, Grade 3 to 6 Please specify Age & Grade on your ticket.

Class 1001 Edible Necklace – thread plus anything edible

Class 1002 Muffins 3 - any variety

Class 1003 Scones 3

Class 1004 Shortbread 3

Class 1005 1 Variety of Slice - Cooked - 3 Pastry Allowed

Class 1006 Honey Joys - 3

Class 1007 Decorated Cupcakes-

Winner to go to Midland Group Competition

Class 1008 Anzacs - 3

Class 1009 Chocolate Cake (Iced) [No larger than 22cms]

Class 1010 Chocolate Crackles 3

Class 1011 Rocky Road- 3

Class 1012 Your favorite home baked cookies-3

Class 1013 Decorated Gingerbread Man

Class 1014 Carrot Cake

Recipe

Ingredients

375g plain flour, 2 teaspoon Baking Powder, ½ teaspoon Bicarb Soda, 2 teaspoon ground cinnamon, ½ teaspoon nutmeg, ½ teaspoon allspice, 2 teaspoon salt, 345 gm castor sugar, 375ml vegetable oil, 4 eggs, 3 medium carrots, grated (350 grams), 220 g tin crushed pineapple, drained 180g pecan nuts crushed.

Method

1. Pre heat oven to 180C (160C fan). Grease a 20cm(8") round cake tin and line with baking paper.
2. Sift the dry ingredients together into a bowl. In a separate bowl, beat the eggs and oil, then add to the dry ingredients. Mix well then add the carrots, crushed pineapple and pecans. Mix to form a smooth batter and pour into the cake tin.
3. Bake for approximately 90-100 minutes.
4. Remove from the oven and allow to cool for 10 minutes in the tin on a wire rack. Upend and allow to cool on the wire rack.

VAS Ltd Junior Boiled Fruit Cake

VAS Ltd Junior Carrot & Date Muffins

1. The entrant must follow the recipe and specifications provided in the relevant section.
2. The entrant must be under 18 years on the day of their local show.
3. An exhibitor having won at their Local Show will bake another cake/set of muffins for the 2024 Group Final and then the winner of the Group Final will bake another cake/set of muffins for the State Final at the 2024 Royal Melbourne Show.

Class 1015 VAS Ltd Junior Boiled Fruit Cake

Recipe

Ingredients

375g Mixed Fruit, ¾ cup brown sugar, 1 tsp mixed spice, ½ cup water, 125g butter, ½ tsp bicarbonate soda, 2 eggs lightly beaten, 2 tablespoons marmalade, 1 cup self-raising flour, 1 cup plain flour, ¼ teaspoon salt, ½ cup sherry

2023 Ballarat Show

SECTION C

CHILDRENS

PHOTOGRAPHY

CHILDRENS PHOTOGRAPHY

Regulations Including Midland

Group competition

1. Standard black and white, or color prints only
2. Exhibits to be mounted, not framed, no larger than 20 x 30cms
3. A Maximum of 4 entries per class per exhibitor.
4. Please state age on the entry

PRIMARY SCHOOL & SECONDARY

Class 1201 VAS Ltd Junior

Photography

Theme for 2023- 2024 Animal/s in Action

2. Exhibitors to be aged under 18 years on the day of their local Show.
3. Unframed.
4. Print no larger than 20cm by 30 cm
5. Must be mounted on thick card (mount no larger than 3cm)

Class 1202 Midlands Group Junior Photography
"family"

PRIMARY SCHOOL

Class 1203 Landscape

Class 1204 Nature

SECONDARY SCHOOL

Class 1205 Landscape

Class 1206 People

Class 1207 Nature

SECTION D

CHILDRENS

PLANTS AND FLOWERS

Generously sponsored by **Ballarat Horticultural Society**, a Rosette for Supreme Exhibit from Children's Plants And Flowers

Prizes in all Sections First: \$5.00 Second: \$3.00

PRIMARY SCHOOL SECTION

Ribbon for Best in Section

Class 1208 Floral Saucer 8yrs & under – flowers arranged in sand in a teacup size saucer

Class 1209 Floral Saucer 12 years & under – flowers arranged in sand in a teacup size saucer

Class 1210 Arrangement of fresh flowers in own vase

Class 1211 Flowering stem, one only

Class 1212 Best decorated pumpkin

SECONDARY SCHOOL SECTION

Ribbon for Best in Section

Class 1213 Arrangement of fresh flowers in own vase

Class 1214 Varieties of flowering stems 3

Class 1215 Rose - any variety 1

Class 1216 Flowering Stem - (other than Roses)

Class 1217 Small container of succulent garden

SECTION B

CRAFT FOR PRESCHOOL & PRIMARY SCHOOL CHILDREN

Name and age on all entries.

Class 1101 Primary School Poster Competition Theme "RABBIT/S".

Name and Age on the front of the poster, top left hand corner. Maximum A3 not mounted or framed.

Class 1102 Decorated Plate - any medium (Day at the beach)

Class 1103 Necklace - thread plus any other materials

Class 1104 Drawing - (A3 size maximum)

Class 1105 Painting - (A3 size maximum)

Class 1106 Shoe Box Art

Class 1107 Christmas Decoration

Class 1108 Piece of Machine Needlework

Class 1109 Hand-made Pottery

Class 1110 Piece of Collage

Class 1111 Paper Mache Article

Class 1112 Hand Puppets (handmade, any Medium)

Class 1113 Woodwork

Class 1114 Graphics, Computer or hand - Picture or design A4 size

Class 1115 Decorated Hardboiled Egg

Class 1116 Dressed Teddy. Construction teddy or fairy teddy

Class 1117 Lego Construction - no larger than 25 X 30cms Own design, must be presented on a solid base

- a. **Preschool – Duplo/Lego**
- b. **Prep – Grade 2 - Lego**
- c. **Grade 3 – 4 - Lego**
- d. **Grade 4 – 5 - Lego**

Class 1118 Decorated shoe/boot - use eg diamante, paint, jewels etc.

Winner to go into Midlands Group Competition

Class 1119 Decorated Rock

Winner to go into Midlands Group Competition

Class 1120 Picture made from found or grown Material A4 size

Class 1121 Article - any other craft

Class 1122 Used to Useful

SECONDARY SCHOOL STUDENTS

Class 1123 Machine Sewn Article of Clothing

Class 1124 Article of Embroidery

Class 1125 Decorated Boot/Shoe -eg use diamantes, paints, jewels etc.

Winner to go into Midlands Group Competition

Class 1126 Decorated Rock

Winner to go into Midlands Group Competition

Class 1127 Article of Jewellery

Class 1128 Piece of Collage theme

Class 1129 Soft Toy

Class 1130 Painting - Any Medium - (Maximum A3)

Class 1131 Woodwork

Class 1132 Metal Work

Class 1133 Drawing - Any medium (A3 size maximum)

Class 1134 Hand-Made Pottery

Class 1135 Christmas Decoration

Class 1136 Article - any other craft

Class 1137 Used to Useful

2023 Ballarat Show

SECTION C

CHILDRENS

PHOTOGRAPHY

CHILDRENS PHOTOGRAPHY

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PRIMARY SCHOOL & SECONDARY

Class 1201 VAS Ltd Junior

Photography

Theme for 2023- 2024 Animal/s in Action

2. Exhibitors to be aged under 18 years on the day of their local Show.
3. Unframed.
4. Print no larger than 20cm by 30 cm
5. Must be mounted on thick card (mount no larger than 3cm)

Class 1202 Midlands Group Junior Photography
“ family”

PRIMARY SCHOOL

Class 1203 Landscape

Class 1204 Nature

SECONDARY SCHOOL

Class 1205 Landscape

Class 1206 People

Class 1207 Nature

SECTION D

CHILDRENS

PLANTS AND FLOWERS

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Ribbon for Best in Section

Class 1208 Floral Saucer 8yrs & under – flowers arranged in sand in a teacup size saucer

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Class 1211 Flowering stem, one only

Class 1212 Best decorated pumpkin

SECONDARY SCHOOL SECTION

Ribbon for Best in Section

Class 1213 Arrangement of fresh flowers in own vase

Class 1214 Varieties of flowering stems 3

Class 1215 Rose - any variety 1

Class 1216 Flowering Stem - (other than Roses)

Class 1217 Small container of succulent garden

Home Crafts Entry Form

Download this entry form from our website www.ballaratshow.org.au
 Or enter online via www.nominate.com
 Ballarat Agricultural & Pastoral Society Inc. 2023 Spring Show
ENTRIES CLOSE Friday 27th October 2023
 All entry fees must accompany entry - otherwise such entries will not be accepted.
 Entry Fee \$2.00 (GST Inc.)
 Please photocopy if extra entry forms are required.



Class	Office Use	Description	Entry Fee

I declare that these entries are made in accordance with the Rules & Regulations of the Society as printed in the Schedule.

Total Entry Fee	
Optional Membership	65.00
TOTAL	

PLEASE PRINT DETAILS IN BLOCK LETTERS

Name _____

Address _____ Postcode _____

Contact No. _____ Email _____

School Name _____

*A membership ticket at \$65 entitles the holder to reduced entry fees - also admittance to Member, Member's children (Up to 3 aged 5-15 years) plus Guest. (Must be purchased by 29/10/23)

Ballarat Agricultural & Pastoral Society
 P.O. Box 401 Ballarat Vic 3353 | Phone 03 5338 1877 | Email admin@ballaratshow.org.au

2023 Ballarat Show

47th ANNUAL EXHIBITION OF PAINTINGS

Harry Smith Pavilion

PAINTING CLASSES (NO CRAFT ITEMS)

Class 1901 Oil and Acrylics

Class 1902 Water Colours

Class 1903 Mixed Media

Class 1904 Small Painting or Drawing

Paintings must not exceed 15cm x 21cm, excluding frame in class 1904

CONDITIONS OF ENTRY

1. All paintings submitted must be clearly marked on the back with the title, artist's name and address and price. Must be suitably framed ready for hanging with 2 x 1/2" eyelets and wire attached.

Paintings must not exceed 15cm x 21cm, excluding frame in Class 1904

1st & 2nd Prizes for each class at the discretion of the Judges.

2. Entry Fee \$7 per painting (GST Inc)

Limit of 4 entries per person

Entries may be entered online through www.nominate.com.au, via the Ballarat Show website ballaratshow.org.au, at the Showgrounds office or via email admin@ballaratshow.org.au

Entry forms must be lodged by Friday 3rd November, 2023.

Exhibits to be delivered to the Ballarat Showgrounds between 6pm & 8pm on Tuesday, 7th November or between 8.30am and 10.00am on Wednesday, 9th November. Exhibits are to be collected at 5pm on Sunday, 12th November or the office on Monday, 13th November to Wednesday 15th November.



No responsibility will be taken for exhibits after this time.

Late Entries Not Accepted

3. All works offered for sale must be the property and work of the exhibitor. No copies accepted.

Paintings must not have been exhibited previously at the Ballarat Show.

4. A commission of 20% will be charged on sales and every effort will be made to effect sales.

5. All exhibits will be accepted on the express understanding that every care will be taken and security arranged by the organisers, but they will not be responsible, for the loss of, or for any damage whatsoever, to any work submitted.

6. Works must be delivered free of charges and expenses.

7. The Committee will see all works, but every exhibit will not necessarily be selected for display.

8. No exhibit shall be removed during the exhibition and any work entered and withdrawn from the sale during the exhibition, shall be liable for commission.

Exceptional cases will be considered on application to the Committee between 10am and 4pm.

9. Official address of organisers

Ballarat A & P. Society

P.O. Box 401,

Ballarat. 3353

Phone (03) 53381877

Email: admin@ballaratshow.org.au

ENTRY FORM

No	Title of Work	Medium	Selling Price	Entry fee
1				
2				
3				
4				

Total Entry Fee

Limit 4 entries per person

I declare that these entries are made in accordance with the Rules & Regulations of the Society as printed in the Schedule.

PLEASE PRINT DETAILS IN BLOCK LETTERS

NAME

ADDRESS POSTCODE.....

MOBILE/CONTACT NO.....

EMAIL.....



Name

Age